

**Lean Body Training**  
**300 Workouts**  
**[www.LBworkouts.com](http://www.LBworkouts.com)**

## About Mike Navin and Lean Body Training

Mike Navin is the sole owner of [Lean Body Fitness, LLC](#) based in [Wyandotte Michigan](#). He currently holds the credentials of Certified Strength and Conditioning Specialist (CSCS) through the highly respectable and accredited [National Strength and Conditioning Association](#). He is also in the process of obtaining the Certified Youth Specialist Level 1 through the [International Youth Conditioning Association](#).

He has been helping adults and adolescents get rid of that unwanted fat by teaching group classes for the past 9 years and training clients one-on-one for the past 4 years.

The mission of [Lean Body Fitness, LLC](#) is not just to get people into "shape." It is about educating clients on how to live a healthy lifestyle for the rest of their lives. Teaching clients that they need to take personal responsibility for their health and fitness that then allows the clients to go out and teach by not just telling others what they have learned but by living what they have learned.

He has a passion for fighting the current obesity epidemic that is upon us, both in adults and especially in children. The positive message that we teach our children now about living an active lifestyle through exercise and a healthy lifestyle through sound eating choices will keep them away from health issues in the future.

### Mike's websites:

[www.leanbodytraining.com](#) - Main site that is also his "HUB" to all his other sites.

[www.leanbodyfitness.blogspot.com](#) - The blog where he gives you the real scoop on stories that appears in media outlets and whether to believe media hype of a health or fitness story.

[www.30-minuteworkout.com](#) - The membership site that offers monthly workouts that you can do at home with just the use of your own bodyweight. Minimal exercise equipment needed.

[www.LBworkouts.com](#) - Lean Body Training workout products that help adult men and women lose fat and get more lean.

[www.leanbodyfitness.com](#) - Fitness site for local adult classes that he teaches in the Detroit Michigan Downriver community.

[www.LBFreview.com](#) - Review site where products from other trainers, nutritionists, and anything else fitness related giving a thumbs up or thumbs down before you buy.

## Disclaimer

**You are required to get a physician's approval before starting this workout program. The information in this book is for educational purposes only.** I am not a medical doctor and the workout presented in this book shall not supersede any contraindications from a prior medical condition or injury that you have sustained. The workout presented in this book is not meant to be a substitute for any exercise routine that was prescribed by your physician or an agent of your physician. The workout in this book is designed for healthy adults age 18 and older.

Some exercises in this book can pose inherent risks and you hereby take full responsibility of your own safety and knowing the limits that you can undertake. Make sure that any equipment that you have that is used in the workout presented is well-maintained and safe for use before you begin each workout session.

**Before starting the workout presented in this book, you MUST meet with a certified personal trainer in order to learn perfect form for each exercise.** Never lift a weight that is more than what you can lift when you are alone, injured or inexperienced.

You should always consult with your physician prior to making any major changes to your diet or exercise and should have a complete physical exam if you are diabetic, have high blood pressure, high cholesterol, overweight or over the age of 30.

If you follow the workout given within this book, you do so out of free will with the understanding that this workout was not specifically made for your individual situation.

If you choose to follow the workout mentioned in this book, and you come upon adverse effects in any way (dizziness, lightheadedness, extreme shortness of breath, etc.) you should cease following the workouts and consult with a physician immediately.

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Disclaimer: There are affiliate links to the 30-Minute Workout, Lean Body Workouts, and to the Lean Body Training Home Bodyweight Fat Loss Workouts in this report.

Table of Contents

Workout Guidelines ..... 5

Lean Body Training 300 Workouts – Beginner Workouts..... 6

Lean Body Training 300 Workouts – Intermediate Workouts ..... 7

Lean Body Training 300 Workouts – Advanced Workouts ..... 8

Lean Body Training Products ..... 10

Exercise Descriptions..... 11

## Workout Guidelines

These workouts are great for the situations where maybe you just don't have time to get a full 30-45 minute workout in, or maybe you're on vacation and have limited (or no) exercise equipment.

These are workouts that should only take you 15-20 minutes to complete and they are non-stop meaning, you do not rest between exercises or sets.

Each workout consists of 3 or 4 exercises where you will complete 75-100 repetitions of each of those exercises.

You get to choose how you want perform the workout. If you want to do all 75-100 repetitions of one exercise before moving on to the next, that's fine.

If you want to do 10 repetitions of one exercise, then with no rest 10 repetitions of the second exercise, then with no rest 10 repetitions of the third exercise, then finally with no rest do 10 repetitions of a fourth exercise and then repeat that until you have completed all 75-100 repetitions of each exercise, that would work too.

If you want to do 15 repetitions of one exercise, then with no rest 15 repetitions of the second exercise, then with no rest 15 repetitions of the third exercise and finally with no rest do 15 repetitions of a fourth exercise and then repeat that until you have completed all 75-100 repetitions of each exercise, you can do that.

If you want to do 20 sets of 5 repetitions of each exercise in the same way described above, that is your choice.

In the end, you are going to do a total of 300 repetitions between 3 or 4 different exercises.

## Lean Body Training 300 Workouts – Beginner Workouts

### Workout #1

- Lying Hip Extension – 75 repetitions
- Kneeling Pushups – 75 repetitions
- Knee Taps – 75 repetitions on each side
- Bird Dog – Knees – 75 repetitions on each side

### Workout #2

- Split Squat – 75 repetitions on each side
- Star Jumps – 75 repetitions
- Kneeling Pushups – 75 repetitions
- Mountain Climbers – 75 repetitions on each side

### Workout #3

- One Leg Hip Extension – 75 repetitions on each side
- Chair Dip – Feet Flat – 75 repetitions
- Incline Pushups – 75 repetitions
- Bird Dog – Knees – 75 repetitions on each side

### Workout #4

- Kneeling Pushup – Hold the bottom of the Pushup for 10 seconds
- Bodyweight Squat – Hold the bottom of the Squat for 10 seconds
- Split Squat – Hold the bottom of the Split Squat for 10 seconds on each side
- Do this circuit of Pushup, Squat, and Split Squat hold with no rest for a total of 10 times for each exercise.

### Workout #5

- Triangle Pushups on Knees – 75 repetitions
- Bird Dog – Knees – 75 repetitions on each side
- Knee Taps – 75 repetitions on each side
- Chair Dip – Feet Flat – 75 repetitions

## Lean Body Training 300 Workouts – Intermediate Workouts

### Warm Up Routine

- Prior to doing one of these workouts, do the following warm-up.
- Do them in a circuit, meaning, one right after another with no rest and then rest 30 seconds after the last exercise and repeat. Do the circuit 3 times.
- For each exercise, do 10 repetitions.
- Exercises:
  - Bodyweight Squat
  - Kneeling Pushups
  - Knee Taps (10 each side)
- **NOTE:** When first doing one of the exercises that use dumbbells, estimate the amount of weight you use conservatively (lighter) since you will be using a high number of repetitions and then increase the weight appropriate the next time you do that workout.

### Workout #1

- Pushups – 100 repetitions
- Prisoner Squat – 75 repetitions
- Mountain Climbers – 100 repetitions on each side

### Workout #2

- Dumbbell Sumo Deadlift – 75 repetitions
- Vertical Jump – 75 repetitions
- Incline Dumbbell Press – 75 repetitions
- X-Body Mountain Climbers – 75 repetitions on each side

### Workout #3

- Forward Lunge – 100 repetitions on each side
- Pushups – 100 repetitions
- Single Leg Deadlift – 100 repetitions on each side

### Workout #4

- Reverse Lunge – 100 repetitions on each side
- Chair Dip – Feet Flat – 100 repetitions
- Bulgarian Split Squat – 100 repetitions on each side

### Workout #5

- Prisoner Squat – 75 repetitions
- Pushups with Legs on Stability Ball – 75 repetitions
- Mountain Climbers – Hands on Stability Ball – 75 repetitions on each side
- Stability Ball Rollout – 75 repetitions

### Workout #6

- Grasshopper Pushups – 75 repetitions on each side
- Bulgarian Split Squat – 75 repetitions on each side
- Burpees – 75 repetitions
- Reverse Lunge – 75 repetitions on each side

## Lean Body Training 300 Workouts – Advanced Workouts

### Warm Up Routine

- Prior to doing one of these workouts, do the following warm-up.
- Do them in a circuit, meaning, one right after another with no rest and then rest 30 seconds after the last exercise and repeat. Do the circuit 3 times.
- For each exercise, do 10 repetitions.
- Exercises:
  - Bodyweight Squat
  - Pushups
  - Reverse Lunge (10 each side)
- **NOTE:** When first doing one of the exercises that use dumbbells, estimate the amount of weight you use conservatively (lighter) since you will be using a high number of repetitions and then increase the weight appropriate the next time you do that workout.

### Workout #1

- Dumbbell Swings – 75 repetitions
- Incline Dumbbell Press – 75 repetitions
- Dumbbell Squat – 75 repetitions
- Renegade Row – 75 repetitions on each side

### Workout #2

- T-Squat – 100 repetitions
- Pushups with Legs on Stability Ball – 100 repetitions
- Stability Ball Jackknife – 100 repetitions

### Workout #3

- Pushups – 100 repetitions
- Barbell Squat – 100 repetitions
- Inverted Row – Feet Flat – 100 repetitions

### Workout #4

- Pushups – 100 repetitions
- Bodyweight Squats – 100 repetitions
- Pullup – Overhand – 100 repetitions

### Workout #5

- Inverted Row – Feet Flat – 75 repetitions
- Lateral Jump – 75 repetitions
- Decline Pushups – 75 repetitions
- Barbell Squat – 75 repetitions

### Workout #6

- Burpees – 75 repetitions
- Pushups – 75 repetitions
- Mountain Climbers – 75 repetitions on each side
- Tuck Jump – 75 repetitions



### Workout #7

- Standing Dumbbell Shoulder Press – 75 repetitions
- Dumbbell Sumo Squat – 75 repetitions
- Renegade Row – 75 repetitions on each side
- T-Pushups – 75 repetitions

### Workout #8

- Pullup – Neutral – 75 repetitions
- Decline Pushups – 75 repetitions
- Chair Dip – Legs Elevated – 75 repetitions
- Mountain Climbers – Hands on Stability Ball – 75 repetitions on each side

### Workout #9

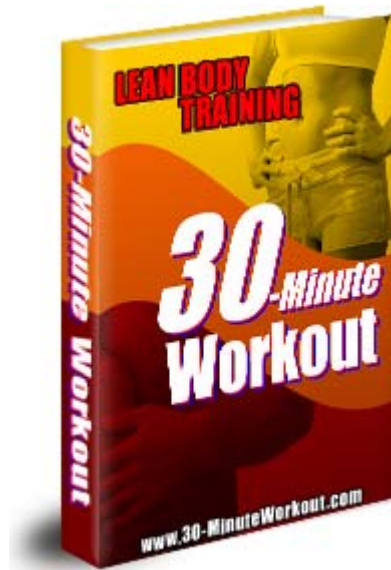
- Flat One-Arm Dumbbell Press – 75 repetitions on each side
- Single Leg Deadlift – 75 repetitions on each side
- Renegade Row – 75 repetitions on each side
- Lateral Jumps – 75 repetitions

## Lean Body Training Products

Don't forget about the other Lean Body Training products out there that include:

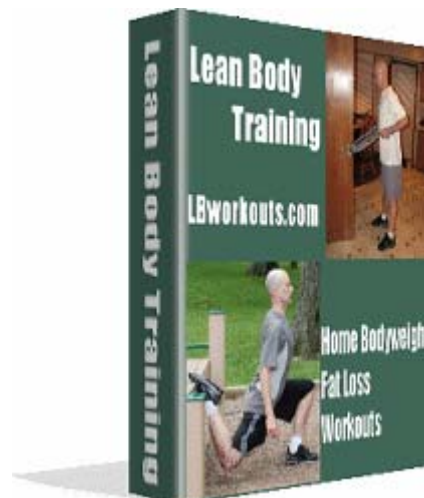
### **The 30-Minute Workout**

Receive a new workout every month using just your bodyweight that you can do at home and complete in just 30 minutes, 3 times a week! Click the image below or go to [www.30-minuteworkout.com](http://www.30-minuteworkout.com) for more information:



### **The Lean Body Training Home Bodyweight Fat Loss Workouts**

Up to THREE months worth of workouts that you can do for FREE in your own home! Click the image below or go to [www.LBworkouts.com/home-workout-routines.html](http://www.LBworkouts.com/home-workout-routines.html) for more information:



## Exercise Descriptions

## Lying Hip Extension

1. Lie on your back with your knees bent and feet flat on the floor.
2. Brace your abs, and contract your butt muscles as if you were squeezing something between your cheeks.
3. Lift your hips up by contracting your butt muscles. Don't use your lower back. You should form a straight line from your shoulders to your knees (meaning, the only thing that should be supporting you are your feet and your shoulders).
4. Pause when you reach the top position and keep your abs braced and squeeze the butt muscles.
5. Slowly lower yourself down to the starting position and repeat for the recommended number of repetitions or time.



## Kneeling Pushups

1. Get down into a regular pushup position with your hands shoulder width apart resting on your hands and the tops of your toes. Make sure that your body is in a straight line and that you are not sagging or raising your hips.
2. Drop your knees straight down on the ground without moving them closer to your stomach.
3. Lower yourself down until your nose is only a few inches from the ground and make sure that your hips do not sag. Also as you are lowering, pull your shoulder blades together as far as they will go and make sure that your neck stays in line with your spine.
4. Pause for a second, then brace your abs and keep your body in a straight line from knees to shoulders as you push through your chest, shoulders, and triceps until you get to the top of the position. Repeat for the recommended number of repetitions or time.



## Knee Taps

1. Stand with your feet shoulder width apart, and bend your arms at the elbow right in front you of with your upper arms tucked into your sides.
2. Bring your left leg up as quickly as you can, touching your left hand with the top of your left knee.
3. Lower your left leg while at the same time bringing your right leg up and touching your right hand with the top of your right knee.
4. Continue back and forth between legs as quickly as you can and remembering to bring your legs up as high as you can to touch your hands until you have completed the recommended number of repetitions or time.





## Bird Dog – Knees

1. Kneel on the floor and place your hands on the floor under your shoulders. You should be on “all fours” (like a dog).
2. Brace your abs.
3. Raise your right hand and left leg simultaneously while keeping your abs braced.
4. Point your right arm straight out from your shoulder and your left leg straight out from your hip.
5. Hold for the recommended time and then slowly lower and then repeat on the other side.
6. If the workout is asking you to do repetitions for this exercise instead of time, hold the top of the position for one second then come down and bring yourself up on the other side and hold for one second and continue alternating back and forth for the recommended number of repetitions.



## Split Squat

1. Stand with your feet shoulder-width apart.
2. Step forward with your right leg, taking a slightly larger than normal step.
3. Press the front of your left foot into the ground and use it to help keep your balance. The left knee should also be slightly bent. This is the starting position.
4. Contract your butt muscles, brace your abs and keep your spine in a neutral position.
5. Lower your body until your right thigh is parallel to the ground.
6. Keep your upper body straight.
7. When you reach the down position, pause, and then push up in the upright position but keep your right foot in front. Don't pull your front leg back.
8. Continue the movement on the same leg until you have completed the recommended number of repetitions or time and then do the same movement using your left leg in front.





## Star Jumps

1. Bend your hips and knees into a squat position and let your hands hang down to your sides with your palms facing forward.
2. Swing your arms out to the sides and up towards each other so that they almost touch each other over your head. At the same time jump up from your squat position and push your legs apart and out to the sides.
3. Return to the starting position where you are in a squat position with your hands down at your sides with the palms facing forward. Continue this movement for the recommended number of repetitions or time.



## Mountain Climbers

1. Start at the top of a push up position.
2. Keep your abs braced, pick one foot off the floor and bring your knee up to your chest.
3. Do not let your hips sag or rotate.
4. Let the tip of your toe touch the ground.
5. Keep your abs braced and return your leg to the starting position.
6. Perform the same movement on the other leg and return to the starting position.  
Continue alternating between legs until you have completed the recommended number of repetitions or time.



## One Leg Hip Extension

1. Lie on your back with your knees bent and feet flat on the floor.
2. Extend your non-dominant leg out straight so that it's just hovering above the ground.
3. Brace your abs, and contract your butt muscles as if you were squeezing something between your cheeks.
4. Bring yourself up by contracting your butt muscles and pushing down on the foot of your dominant leg. Don't use your lower back or the momentum of your leg.
5. Pause when you reach the top position and keep your abs braced and squeeze the butt muscles. Your body should be in line from your shoulders to your knee. The only parts that should be supporting you are your shoulders and your foot on your dominant leg.
6. Slowly lower yourself down to the starting position and repeat for the recommended number of repetitions or time.
7. Once you've completed all the repetitions or time with one leg elevated, complete all the repetitions or time using the other leg.



## Chair Dip – Feet Flat

1. Hold on to the seat of a sturdy chair behind you, with your knees bent and your feet flat on the floor, as if you were seated in another, invisible chair.
2. Keep your back arched and close to the chair as you slowly lower your body until your upper arms are parallel to the floor.
3. Your upper body should remain straight.
4. Pause at the bottom and then press back up to the starting position.
5. Continue the movement until you have completed the recommended number of repetitions or time.





## Incline Pushups

1. Stand facing parallel bars, a chair, a table, or any other object that allows you to be on an incline.
2. Place your hands on the object and make sure your hands are in line with your shoulders.
3. Bend your arms and pull your shoulder blades towards each other and slowly lower yourself towards the object until your elbows are in line with your shoulders; pause for a second and then push back into the starting position using your chest, shoulders and triceps. Continue this movement until you have completed the recommended number of repetitions or time.



## Bodyweight Squat

1. Stand with your feet just greater than shoulder-width apart and your arms straight out in front of you in line with your shoulders.
2. With your abs braced and butt muscles squeezed, start the movement at the hip joint and push your hips backward and “sit back in a chair.” Make your hips go back as far as possible and lower yourself as far as your range of motion will take you.
3. Keep your lower back tensed in a neutral position. Don't let your lower back round.
4. Pause, then push with your butt muscles, hamstrings, and quadriceps to return to the starting position. Continue the movement for the recommended number of repetitions or time.



## Triangle Pushups on Knees

1. Start in a regular push up position, but place your hands close enough together to make a triangle with your thumbs and forefingers. Also rest on the tops of your toes. Make sure that your body is in a straight line and that you are not sagging or raising your hips.
2. Drop your knees straight down on the ground without moving them closer to your stomach.
3. Push your elbows out so your upper arms form a 45-degree angle with your upper body, lower your chest as close to the triangle as possible while at the same time remembering to pull your shoulder blades together as much as possible.
4. Then push yourself back up to the starting position.
5. Continue this movement for the recommended number of repetitions or time.



## Chair Dip – On Heels

1. Hold on to the seat of a sturdy chair behind you, with your legs straight out and resting on your heels.
2. Keep your back arched and close to the chair as you slowly lower your body until your upper arms are parallel to the floor.
3. Your upper body should remain straight.
4. Pause at the bottom and then press back up to the starting position.
5. Continue the movement until you have completed the recommended number of repetitions or time.





## Pushups

1. Get at the top of a pushup position by resting on your hands and the tips of your toes. Your arms should be shoulder width apart. Make sure to keep your body in a straight line from your shoulders to your feet and to not sag or raise your hips.
2. Lower yourself down until your nose is only a few inches from the ground and make sure that your hips do not sag. Also as you are lowering, pull your shoulder blades together as far as they will go and make sure that your neck stays in line with your spine.
3. Pause for a second, then brace your abs and keep your body in a straight line from feet to shoulders as you push through your chest, shoulders, and triceps until you get to the top of the position. Repeat for the recommended number of repetitions or time.



## Prisoner Squat

1. Stand with your feet just greater than shoulder-width apart.
2. Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
3. Start the movement at the hip. Push your hips backward and “sit back into a chair.” Make your hips go back as far as possible.
4. Squat as deep as possible, but keep your lower back tensed in a neutral position.
5. Don't let your lower back become rounded.
6. Push with your butt muscles, hamstrings, and quadriceps to return to the starting position. Continue the movement for the recommended number of repetitions or time.



## Dumbbell Sumo Deadlift

1. Stand with your feet greater than shoulder-width apart with your feet pointing slightly outward.
2. With both hands, grab one dumbbell and hold it on the ends with your palms facing each other.
3. With your abs braced and butt muscles squeezed, start the movement at the hip joint and push your hips backward and “sit back into a chair.”
4. Make your hips go back as far as possible and keep your knees pointed out and let them naturally point in the same direction as your feet and let the dumbbell lower between your legs.
5. Keep your lower back tensed in a neutral position. Don't let your lower back round.
6. Push with your butt muscles, hamstrings, and quadriceps to return to the starting position.
7. Continue this movement for the recommended number of repetitions or time.



## Vertical Jump

1. Stand with your feet hip width apart and your toes slightly pointed to the outside and keep your hands down at your side.
2. Keep your eyes looking straight ahead.
3. Push your hips back and down and bend your knees while at the same time swinging your arms back as far as they can go to help generate more power.
4. Without stopping, forcefully push your hips forward and extend your knees and jump straight up, moving your arms above your head to reach as high as you can.
5. Once you return to the ground, retake your hip width stance and repeat for the recommended number of repetitions or time.





## Incline Dumbbell Press

1. Adjust a bench so that it's at roughly at a 30 or 45-degree incline angle.
2. Lie on the bench with your head, upper back, and butt in contact with the bench, and your left and right foot slightly spread apart on each side of the bench with your knees at a 90 degree angle and your feet flat on the floor. This is the position your body should be through the entire exercise.
3. Hold the dumbbells straight up over your shoulders, palms facing forward.
4. Move the dumbbells up and in slightly towards the center of your body so that the sides of the dumbbells are almost touching each other. Do not lock out your elbows. This is the starting position.
5. Lower the dumbbells as far as they can go and move them away from your sides so that at the bottom position, your elbows are at a 90-degree angle.
6. Pause for a moment, and then push the dumbbells back up and in so that the inside ends of the dumbbells almost touch each other (but don't clank them).
7. Continue this movement for the recommended number of repetitions or time.



## X-Body Mountain Climbers

1. Start at the top of a push up position.
2. Bring your right leg up and across your body as far as you can go so that your right knee is point towards your left elbow.
3. Return your right leg to the starting position and repeat the movement using your left leg.
4. Continue alternating legs until you have completed the recommended number of repetitions or time.



## Forward Lunge

1. Stand with your feet shoulder-width apart.
2. Step forward with your right leg, taking a slightly larger than normal step.
3. Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent.
4. Lower your body until your right thigh is parallel to the ground.
5. Keep your upper body upright and your lower back flat.
6. Push with your right leg to return to the starting position where both of your legs are next to each other. Make sure to keep your upper body straight as you are coming up.
7. Make the same movement with your left leg and then continue to alternate between legs until you have completed the recommended number or repetitions or time.



## Single Leg Deadlift

1. Stand with your feet shoulder width apart and raise your dominant leg up so that your lower leg is parallel to the ground and slightly bend the knee in your non-dominant leg that is on the ground. Keep your eyes focused straight ahead. This is the starting position.
2. Squat down on your one leg bending at both the hip and the knee as if you are going to pick something up on the ground.
3. Go down as far as you can go. It's okay if your back leans forward.
4. Pause for a moment and then push yourself back up to the starting position.
5. Continue doing the movement on the same leg for the recommended number of repetitions or time and then switch to the other leg.
6. It may take a few times to get your balance but just try to get to a lower position each workout.





## Reverse Lunge

1. Stand with your feet shoulder-width apart.
2. Brace your abs, and contract your butt muscles as if you were squeezing something between your cheeks.
3. Step backward with left leg as far as you can, resting the toe on the ground.
4. Squat straight down with the right leg supporting the body weight. Lower yourself until your right thigh is parallel to the floor. Make sure that your upper body is straight and that you are not leaning forward.
5. Return to the starting position by pushing with your butt muscles.
6. Then follow the same movement but stepping backward with your right leg and supporting your body with the left leg.
7. Continue to alternate between legs until you have completed the recommended number of repetitions or time.



## Bulgarian Split Squat

1. Stand with your feet shoulder-width apart facing away from a flat bench or chair.
2. Place the top of one of your feet on the flat bench and move forward so that you're roughly 2 feet away from the bench. This is the starting position.
3. Lower your front leg while keeping your upper body as straight as possible.
4. Lower yourself as far as you can go, which should be below parallel of the front leg.
5. Pause for a moment and then push yourself back to the starting position, focusing on pushing through with the ball of your front foot.
6. Continue with the movement on the same leg until you have completed the recommended number of repetitions or time and then repeat on the other leg.



## Pushups with Legs on Stability Ball

1. Get at the top of a pushup position by resting on your hands and your lower legs on the top of a stability ball. Your arms should be shoulder width apart. Make sure to keep your body in a straight line from your shoulders to your feet and do not sag or raise your hips.
2. Lower yourself down until your nose is only a few inches from the ground and make sure that your hips do not sag. Also as you are lowering, pull your shoulder blades together as far as they will go and make sure that your neck stays in line with your spine.
3. Pause for a second, then brace your abs and keep your body in a straight line from feet to shoulders as you push through your chest, shoulders, and triceps until you get to the top of the position. Repeat for the recommended number of repetitions or time.



## Mountain Climbers – Hands on Stability Ball

1. Place your hands on the top of a stability ball and rest on your toes with your body creating a straight line from your shoulders to your feet.
2. Keep your abs braced, pick one foot off the floor and bring your knee up to your chest.
3. Do not let your hips sag or rotate.
4. Keep your abs braced and return your leg to the starting position.
5. Perform the same movement on the other leg and return to the starting position. Continue alternating legs until you have completed the recommended number of repetitions or time.





## Stability Ball Rollout

1. Kneel in front of a stability ball and bring your arms close together and your hands on the top of the stability ball.
2. Roll your body forward so that your arms “climb” up the stability ball. Make sure to not let your hips sag or raise. Continue rolling over the stability ball until your elbows are touching the ball.
3. Pause for a moment, and then contract your abs and pull yourself back up to the starting position. Again, make sure that you are raising your hips or lower back to pull yourself back up, concentrate on using your abs to complete the movement.
4. Continue the movement for the recommended number of repetitions or time.



## Grasshopper Pushups

1. Get into the top of the normal push up position.
2. As you lower your body to the ground, bring your left leg under your body to the right side as far as you can while keeping that leg almost entirely straight.
3. Pause for a moment and then return to the starting position and place your left leg in the straight position behind you.
4. Do the next rep using the other leg and continue to alternate legs until you have completed all of the recommended repetitions or time.



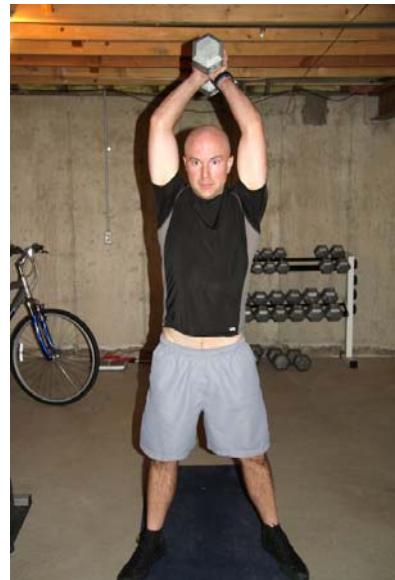
## Burpees

1. Get into the top of the pushup position resting only on your hands and tops of your toes.
2. Thrust your legs into your body and then jump straight up.
3. When you come back down, squat down, and thrust your legs back so that you are back to the top of the pushup position.
4. Continue the movement for the recommended number of repetitions or time.



## Dumbbell Swings

1. Stand with your feet shoulder-width apart with your feet pointing slightly outward.
2. With both hands, grab one dumbbell and hold it down in front of you with a neutral grip (palms facing each other).
3. Push your hips back and bend your knees to squat down as low as you can go and let the dumbbell swing between your legs in order to get momentum. Keep your back flat and your eyes straight ahead. **DO NOT ROUND YOUR BACK.**
4. Do not pause at the bottom and then forcefully push up from the squat while at the same time lifting the dumbbell straight up over your head. Keep raising the dumbbell over your head until your upper arms are next to your ears. Do not fully bend your elbows at the top, but a slight bend is fine.
5. Bring the dumbbell down from over your head while at the same time squatting back down and swinging the dumbbell between your legs again.
6. Continue this movement for the recommended number of repetitions or time.





## Dumbbell Squat

1. Stand with your feet just greater than shoulder-width apart and hold a dumbbell in each hand up next to your shoulders.
2. With your abs braced and butt muscles squeezed, start the movement at the hip joint and push your hips backward and “sit back in a chair.” Make your hips go back as far as possible and lower yourself as far as your range of motion will take you.
3. Keep your lower back tensed in a neutral position. Don't let your lower back round.
4. Pause, then push with your butt muscles, hamstrings, and quadriceps to return to the starting position. Continue the movement for the recommended number of repetitions or time.



## Renegade Row

1. Grab a dumbbell in each hand and get down onto the floor and put yourself in the pushup position with your arms in slightly closer than shoulder width apart but wrapping your hands around the dumbbells with your palms facing each other. Rest your lower body on the tips of your toes. Your body should be in a straight line.
2. Starting with your left, concentrate on using your back muscles as you pull the dumbbell up, keeping your elbow close to your body and making sure to keep your body in a straight line.
3. Once you reach the top, reverse the movement, and then follow the same process on your right side.
4. Continue alternating between your left and right side for recommended number of repetitions or time.



## T-Squat

1. Hold your arms straight out from your sides at shoulder height, creating your body in a “T” formation.
2. Hold your upper back and shoulders tensed throughout the exercise.
3. Stand with your feet just greater than shoulder-width apart.
4. Start the movement at the hip joint. Push your hips backward and “sit back into a chair.” Make your hips go back as far as possible.
5. Squat as deep as possible, but keep your lower back tensed in a neutral position.
6. Don’t let your lower back become rounded.
7. Push with your butt muscles, hamstrings, and quadriceps to return to the starting position. Continue the movement for the recommended number of repetitions or time.



## Stability Ball Jackknife

1. Get at the top of a pushup position by resting on your hands and your lower legs on the top of a stability ball. Your arms should be shoulder width apart. Make sure to keep your body in a straight line from your shoulders to your feet and do not sag or raise your hips.
2. While keeping your upper body as straight as you can, bring your legs in towards your chest as far as you can, while rolling the ball down your legs towards your feet.
3. Pause for a moment, and then return to the starting position.
4. Continue this movement for the recommended number of repetitions or time.



## Barbell Squat

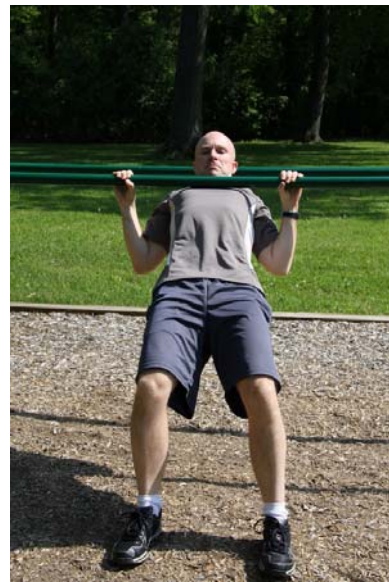
1. Set the pins on a squat rack so that it's at roughly a little bit below shoulder level.
2. Slide underneath the bar so that the bar is right behind your shoulders (but not touching your shoulders just yet).
3. Pull your shoulders back as if you were standing at attention at military boot camp. Your shoulders should form a "shelf" from one shoulder to the other.
4. Bend at your knees and move back to place the barbell on your shoulders. Keep your chest out and your eyes focused straight ahead.
5. Push up and lift the barbell off the pins so that it's now resting on your shoulders.
6. Take a step or two back from the pins and position your feet so they are hip width apart and your feet slightly pointed outwards.
7. Keep your eyes focused straight ahead throughout the entire movement.
8. Start the movement from the hip and then immediately follow it by bending the knees. Pretend you are sitting back in a chair.
9. Keep your lower back arched/in a neutral position. Don't round it.
10. Continue with the downward movement until you have gone down as far as you can.
11. After a slight pause, contract your butt muscles and push yourself up by focusing on using your hip and knees. Again, make sure to keep your lower back in a neutral position, don't round your lower back.
12. Continue the upward movement until you are back at the standing starting position.
13. Continue the movement until you have completed the recommended number of repetitions or time.





## Inverted Row – Feet Flat

1. Get underneath the bar and grab the bar with an overhand grip (palms facing forward) and hang your arms down from the bar.
2. Put your feet out flat in front you of, bending your knees 90 degrees. Position your lower body far enough away from the bar so that the bar is right above your chest.
3. Brace your abs to keep your upper body in a straight, flat line from your knees to your shoulders.
4. Pull yourself up towards the bar until your chest touches the bar. Focus on using your upper back muscles to pull yourself up towards the bar.
5. At the top, pause for a second and then return your body to the starting position, but remember to keep your abs braced and your upper body in a straight, flat line from your knees to your shoulders for the entire set.
6. Continue this movement until you have done the recommended number of repetitions or time.





## Pullup – Overhand

1. Stand below a pullup bar.
2. Jump up and grab the bar with an overhand grip (palms facing away from you), shoulder width apart. Hold that position until the sway of your body has stopped.
3. Pull yourself up to the point where the bar is at neck or chest level, focusing on using your upper back muscles to complete the movement. Keep your arms tucked into your sides.
4. Once you have reached the top, pause for a moment and then slowly lower yourself in order to limit the amount of sway of your body. Make sure to lower yourself all the way to the bottom so that your arms are fully extended.
5. Continue this movement until you have completed the recommended number of repetitions or time.



## Lateral Jump

1. Stand with your feet hip width apart and your toes slightly pointed to the outside and keep your hands down at your side.
2. Keep your eyes looking straight ahead.
3. Push your hips back and down and bend your knees while at the same time swinging your arms back as far as they can go to help generate more power.
4. Without stopping, forcefully push your hips forward and extend your knees and to your side, so that when you land, you are to the left or the right of where your starting position was. Remember to also continue to move your arms above your head.
5. Once you return to the ground, retake your hip width stance and repeat for the recommended number of repetitions or time.



## Decline Pushups

1. Rest the tops of your feet on top of something elevated like a bench or chair and place your hands on the floor straight down from your shoulders (the higher the elevation, the more difficult the pushup). Make sure to keep your body in a straight line from your shoulders to your feet and to not sag or raise your hips.
2. Lower yourself down until your nose is only a few inches from the ground and make sure that your hips do not sag. Also as you are lowering, pull your shoulder blades together as far as they will go and make sure that your neck stays in line with your spine.
3. Pause for a second, then brace your abs and keep your body in a straight line from feet to shoulders as you push through your chest, shoulders, and triceps until you get to the top of the position. Repeat for the recommended number of repetitions or time.



## Tuck Jump

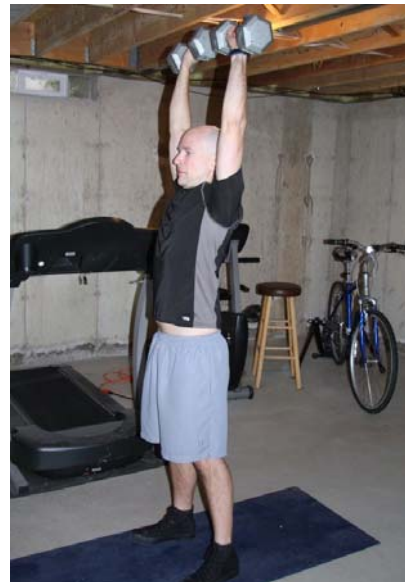
1. Stand with your feet hip width apart and your toes slightly pointed to the outside and keep your hands down at your side.
2. Keep your eyes looking straight ahead.
3. Push your hips back and down and bend your knees while at the same time swinging your arms back as far as they can go to help generate more power.
4. Without stopping, forcefully push your hips forward and extend your knees and jump straight up.
5. While in mid air, bring your knees up as high as you can towards your chest, “tucking” your knees into your chest.
6. Extend your legs downward as you descend.
7. Once you return to the ground, retake your hip width stance and repeat for the recommended number of repetitions or time.





## Standing Dumbbell Shoulder Press

1. Stand with your feet hip width apart with a dumbbell in each hand and your knees slightly bent.
2. Bring the dumbbells up on each side of your shoulder with your palms facing forward.
3. Push the dumbbells up and in towards the center of your body over your head until the inside of the dumbbells almost touch (but do not clank the weights against each other).
4. Continue the movement until your elbows are almost completely straight, but are not locked out.
5. Pause, and then lower each dumbbell following the same path that you used to raise it, pausing at the bottom of the movement before performing another repetition.
6. Continue this movement for the recommended number of repetitions or time.





## DB Sumo Squat

1. Stand with your feet greater than shoulder-width apart with your feet pointing slightly outward with a dumbbell in each hand held up at the sides of your shoulders.
2. With your abs braced and butt muscles squeezed, start the movement at the hip joint and push your hips backward and “sit back into a chair.”
3. Make your hips go back as far as possible and keep your knees pointed out and let them naturally point in the same direction as your feet.
4. Keep your lower back tensed in a neutral position. Don't let your lower back round.
5. Push with your butt muscles, hamstrings, and quadriceps to return to the starting position. Continue this movement for the recommended number of repetitions or time.



## T-Pushups

1. Get at the top of a pushup position by resting on your hands and the tips of your toes. Your arms should be shoulder width apart. Make sure to keep your body in a straight line from your shoulders to your feet and to not sag or raise your hips.
2. Lower yourself down until your nose is only a few inches from the ground and make sure that your hips do not sag. Also as you are lowering, pull your shoulder blades together as far as they will go and make sure that your neck stays in line with your spine.
3. Pause for a second, then brace your abs and push through your chest, shoulders, and triceps while you rise, at the same time turning your body to the right and bring your right arm straight out from the side of your shoulder. Your legs should turn as well so that the side of your right foot is on top of the side of your left foot. You should be forming a straight line with your body from your left foot to your left hand that is on the ground.
4. Pause for a second, and then lower yourself to the top of the pushup position and then repeat the movement but this time when you come up from the bottom of the pushup, turn to the left.
5. Continue alternating sides until you have completed the recommended number of repetitions or time.



## Pullup – Neutral

1. Stand below a pullup bar.
2. Jump up and grab the bar with a neutral grip (palms facing towards each other), shoulder width apart. Hold that position until the sway of your body has stopped.
3. Pull yourself up to the point where the bar is at neck or chest level, focusing on using your upper back muscles to complete the movement. Keep your arms tucked into your sides.
4. Once you have reached the top, pause for a moment and then slowly lower yourself in order to limit the amount of sway of your body. Make sure to lower yourself all the way to the bottom so that your arms are fully extended.
5. Continue this movement until you have completed the recommended number of repetitions or time.



## Chair Dip – Legs Elevated

1. Hold on to the back of a chair behind you, with your feet straight out in front of you resting your heels on another chair.
2. Keep your back arched and close to the chair as you slowly lower your body until your upper arms are parallel to the floor.
3. Your upper body should remain straight.
4. Pause at the bottom and then press back up to the starting position.
5. Continue the movement until you have completed the recommended number of repetitions or time.



## Flat One-Arm Dumbbell Press

1. Lie on a flat bench with your head, upper back, and butt in contact with the bench, and your left and right foot slightly spread apart on each side of the bench with your knees at a 90 degree angle and your feet flat on the floor. This is the position your body should be through the entire exercise.
2. Hold the dumbbells with your palms facing forward.
3. Lower the dumbbells as far as they can go and move them away from your sides so that at the bottom position, your elbows are at a 90-degree angle.
4. Starting with your left only, push the dumbbell up and in towards the center of your body focusing on using your chest, triceps, and shoulders. Your right arm with the other dumbbell should stay down and next to your shoulder.
5. Pause for a moment and then bring your left arm down so that the dumbbell is next to your shoulder again. Then make the same movement with your right arm, leaving your left arm next to your shoulder.
6. Continue alternating sides until you have completed the recommended number of repetitions or time.

